

# Springhill Hospice

Broad Lane  
Rochdale  
OL16 4PZ  
01706 649920

[www.springhill.org.uk](http://www.springhill.org.uk)

**Complaints** – if you have a problem or complaint, this should be made in writing to the Chief Executive, Springhill Hospice, at the address above.

**Incorporated as a Company Limited by Guarantee**  
No 2325905  
Registered Charity No 701798

# Day Therapies

 **Springhill Hospice**  
Making every moment count



## CRITERIA FOR DAY THERAPIES

We accept referrals for adults within the Heywood, Middleton and Rochdale borough, with a diagnosed palliative life-limiting condition. We also accept referrals for a relative or carer of the patient.

A referral is required from your healthcare professional. Forms are available on our website [www.springhill.org.uk](http://www.springhill.org.uk)

For further information, please contact us on **01706 649920**.

## DAY THERAPIES AIM TO EMPOWER ADULTS LIVING WITH A LIFE-LIMITING CONDITION AND SUPPORT THEIR FAMILIES AND CARERS.

Our support is tailored to your individual needs for you and those closest to you to manage the impact of your illness. We promote physical, emotional, social and spiritual wellbeing, and help enable you to;

- Make choices about your current and future care
- Manage your symptoms
- Develop coping strategies and to obtain skills, knowledge and confidence
- Remain as independent as possible
- Live as full a life as possible and to help make every moment count

## DAY THERAPIES ENABLE YOU TO ACCESS VALUABLE GROUPS AND THERAPEUTIC ACTIVITIES:

- Complementary Therapies
- Creative Therapies
- Relaxing activities
- Uplifting activities

Our team is made up of qualified Nurses, Nursing Assistants, a Creative Therapist, Complementary Therapists and a team of volunteers. We are also supported by a Spiritual and Pastoral Care Coordinator and Counsellors.

## DAY THERAPIES OPEN MONDAY TO THURSDAY AND INCLUDE:

- Supportive self-management groups
- Wellbeing sessions
- Peer support groups for families and carers
- Virtual wellbeing sessions
- Drop In sessions

*Please see our individual information leaflets.*